

SAN DIEGO COUNTY Black Infant Health Program



Did you know that compared to San Diego County infants overall, African-American infants are...

- 1.3 times more likely to be born premature.
- Over one-and-a-half times more likely to be born with low birthweight.
- More than one-and-a-half times as likely to die during their first year of life.

**TOGETHER, WE CAN MAKE A DIFFERENCE TO HELP
ENSURE THAT ALL BABIES ARE BORN HEALTHY!**

PROGRAM GOALS:

- Reduce African-American infant deaths
- Empower African-American women to build resilience, reduce stress, and increase social support
- Improve the health and well-being of African-American women and infants
- Increase awareness in the community of African-American infant health disparities

OUR SERVICES:

- 10-week prenatal sessions for pregnant women
- 10-week postpartum sessions for new moms
- Healthy meals, transportation assistance, and other supportive resources during sessions
- Individual client plans that address the most important concerns in a woman's life
- Referrals for health and social services

ELIGIBILITY:

- African-American women
- 26 or fewer weeks pregnant
- 18 years of age or older

ALL SERVICES ARE AT NO COST

For more information or to enroll, call:

Black Infant Health

286 Euclid Avenue, Suite 308

San Diego, CA 92114

(619) 266-7466

www.sdbih.org



Providing Support to Pregnant and Parenting African American Women in San Diego County Since 1992

The San Diego County Black Infant Health (BIH) Program receives funds from the State of California, Department of Public Health, Maternal, Child, and Adolescent Health Division through the County of San Diego, Health and Human Services Agency. The San Diego County BIH Program is operated by Neighborhood House Association.

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